



YMCA CAMBRIDGE GYM
PART OF YMCA TRINITY GROUP

YMCA

Class Timetable and Prices

**Feel body
confident at
YMCA Gym**



www.ymcafitness.org.uk

Charity No: 1069810

Exercise Classes

Day	Class	Level	Instructor	Icons	
Monday	10:00 – 11:00	Pilates	All	Judit	■ ▲
	18:00 – 19:00	Box Fit	All	Milli	■ ●
	18:15 – 19:00	Zumba	All	Barbora	●
	19:15 – 20:00	Pump-it	All	Milli	●
Tuesday	10:00 – 11:00	Yoga	All	Leyla	▲ ■
	18:00 – 18:45	Step Aerobics	All	Aymen	■
	18:30 – 19:15	Jazzercise	All	Molly	■ ●
	19:15 – 20:15	Belly Dancing	All	Leyla	■
	19:15 – 20:15	Thai Boxing	All	Chris	■ ●
Wednesday	11:00 – 12:00	Pilates	Beg/Int	Judit	■ ▲
	18:30 – 19:30	Yoga Flow	Int/Adv	Susana	▲
	19:00 – 19:45	Step and Tone	All	Steve	●
	19:30 – 20:30	Beginner Yoga	Beg	Susana	▲
Thursday	10:00 – 10:45	Bounce Dance Fit	All	Alice	●
	18:00 – 19:00	Hatha Yoga	All	Leyla	▲ ■
	18:15 – 19:10	Zumba	All	Raquel	●
	19:15 – 20:00	Barre Fit	All	Stephanie	■
Friday	12:30 – 13:30	Sivananda Yoga	All	Yolande	▲
	18:00 – 19:00	Ashtanga Vinyasa Yoga	All	Susana	■ ▲
	19:15 – 20:30	Acro Yoga	All	Susana/Ricardo	■
Saturday	10:00 - 11:00	Zumba	Level	Instructor	Icons
			All	Raquel	●
Sunday	11:30 - 12:30	Tai Chi	All	Ricardo	▲
	15:30 - 16:30	Flex & Stretch	All	Steve	■

Gym Open 24 Hours a Day, 7 Days a Week

Youth Gym Memberships

For 13 – 15 years when accompanied by an appropriate adult.



● Energise & Burn
High energy classes burn calories and improve fitness

■ Strengthen & Condition
Strengthen and tone your muscles while burning calories

▲ Mind & Body
Physical relaxation and mental invigoration, promoting good posture

FOLLOW US ON ...



*We reserve the right to cancel or change classes without or at short notice. Please follow our social media for daily updates.



Class Description

Acro Yoga

Three people form a team, building strength, balance, flexibility and confidence.

Ashtanga VinYasa Yoga

Building strength, co-ordination, flexibility, leanness and balance.

Barre Fit

Work on core strength by combining toning exercises, Pilates, and ballet barre work.

Beginner Yoga

A gentle flow. Learn the basic Yoga poses and learn how to breathe. This class is great to give you the foundation to do Ashtanga Yoga.

Belly Dancing

A fun dance class with a focus on feminine movements and Eastern rhythms. Suitable for women of all shapes, sizes and ages.

Bounce Dance Fit

Different style of street dance, easy choreography. Fun & New.

Box Fit

Develop boxing skills and fitness using pad work, combination routines and exercises.

Flex & Stretch

Concentrate on your hamstrings, as they may be more prone to severe strains or contribute to other problems such as back pain.

Hatha Yoga

Strong steady flow from posture to posture with focus on strength, stillness, awareness and breath.

Jazzercise

A dynamic mix of aerobic activity combined with technical jazz steps incorporated into a routine to popular music.

Pilates - Int

For experienced exercisers. A full workout with strength work using bands, rings, and glides as well as traditional mat-based Pilates exercises.

Pump-it

Using body weight, barbells, dumbbells, kettle bells, define and strengthen your whole body.

Sivananda Yoga

Unwind, rejuvenate and enjoy a gentle approach to yoga. Release tensions, work towards increased flexibility and strength.

Step Aerobics

Choreographed routines using a step, with a cardiovascular endurance, fat burner and conditioning section.

Step & Tone

Easy to follow cardio and toning workout using a step box, together with body conditioning exercises.

Tai Chi

Personal reflection with slow, fluid and harmonizing movements, used as a way to relax and complete body control.

Thai Boxing

Learn the punch and kick techniques of the ancient martial art, including using the elbows and knees.

Zumba

Latin inspired, easy to follow fitness dance routines, with a party atmosphere.

Yoga Flow

For those with some Yoga experience. You will be lead through set sequences of postures leading to 'peak' postures.

FOR FURTHER INFORMATION PLEASE CONTACT :



YMCA Cambridge Gym, Queen Anne House, Gonville Pl, Cambridge, CB1 1ND
01223 356998 | www.ymcafitness.org.uk

Jan 2019

This isn't just a gym membership...

it's a contribution to our charitable work.

We are Charity

With your help we offer:

- ▶ A safe place to live
- ▶ Training opportunities
- ▶ Help, support and advice
- ▶ The chance for young people to fulfil their potential

Affordable Gym & Classes

From only £12.99 per month

- Standard direct debit membership £18.99 per month
- Youth membership (13 - 15 years) £12.99 per month
- Concessions (students, 60+ and members on low incomes) £12.99 per month
- Non members £6 per session

For more information please
pop in or visit our website
www.ymcafitness.org.uk

